



National Nutrient Database for Standard Reference
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Full Report (All Nutrients) 09221, Tangerine juice, raw

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Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.92 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1	Data points	Std. Error	1 cup	1 fl oz 30.9g
		Value Per100 g			247g	
Proximates						
Water	g	88.90	--	--	219.58	27.47
Energy	kcal	43	--	--	106	13
Energy	kJ	180	--	--	445	56
Protein	g	0.50	--	--	1.24	0.15
Total lipid (fat)	g	0.20	--	--	0.49	0.06
Ash	g	0.30	--	--	0.74	0.09
Carbohydrate, by difference	g	10.10	--	--	24.95	3.12
Fiber, total dietary	g	0.2	--	--	0.5	0.1
Sugars, total	g	9.90	--	--	24.45	3.06
Minerals						
Calcium, Ca	mg	18	--	--	44	6
Iron, Fe	mg	0.20	--	--	0.49	0.06
Magnesium, Mg	mg	8	--	--	20	2
Phosphorus, P	mg	14	--	--	35	4
Potassium, K	mg	178	--	--	440	55
Sodium, Na	mg	1	--	--	2	0
Zinc, Zn	mg	0.03	--	--	0.07	0.01
Copper, Cu	mg	0.025	--	--	0.062	0.008
Manganese, Mn	mg	0.037	--	--	0.091	0.011
Selenium, Se	µg	0.1	--	--	0.2	0.0
Vitamins						
Vitamin C, total ascorbic acid	mg	31.0	--	--	76.6	9.6

Nutrient	Unit	1			1 cup 247g	1 fl oz 30.9g
		Value Per 100	Data points	Std. Error		
Thiamin	mg	0.060	--	--	0.148	0.019
Riboflavin	mg	0.020	--	--	0.049	0.006
Niacin	mg	0.100	--	--	0.247	0.031
Pantothenic acid	mg	0.125	--	--	0.309	0.039
Vitamin B-6	mg	0.042	--	--	0.104	0.013
Folate, total	µg	5	--	--	12	2
Folic acid	µg	0	--	--	0	0
Folate, food	µg	5	--	--	12	2
Folate, DFE	µg	5	--	--	12	2
Choline, total	mg	6.2	--	--	15.3	1.9
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE ¹	µg	13	7	--	32	4
Retinol	µg	0	--	--	0	0
Carotene, beta ¹	µg	38	7	--	94	12
Carotene, alpha ¹	µg	14	7	--	35	4
Cryptoxanthin, beta ¹	µg	214	7	--	529	66
Vitamin A, IU ¹	IU	253	7	--	625	78
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin ¹	µg	166	7	--	410	51
Vitamin E (alpha-tocopherol)	mg	0.13	--	--	0.32	0.04
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	µg	0.0	--	--	0.0	0.0
Lipids						
Fatty acids, total saturated	g	0.024	--	--	0.059	0.007
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000
14:0	g	0.001	--	--	0.002	0.000

Nutrient	Unit	1			1 cup 247g	1 fl oz 30.9g
		Value Per 100	Data points	Std. Error		
16:0	g	0.021	--	--	0.052	0.006
18:0	g	0.001	--	--	0.002	0.000
Fatty acids, total monounsaturated	g	0.036	--	--	0.089	0.011
16:1 undifferentiated	g	0.005	--	--	0.012	0.002
18:1 undifferentiated	g	0.032	--	--	0.079	0.010
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.040	--	--	0.099	0.012
18:2 undifferentiated	g	0.029	--	--	0.072	0.009
18:3 undifferentiated	g	0.011	--	--	0.027	0.003
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Amino Acids						
Tryptophan	g	0.001	--	--	0.002	0.000
Threonine	g	0.006	--	--	0.015	0.002
Isoleucine	g	0.005	--	--	0.012	0.002
Leucine	g	0.010	--	--	0.025	0.003
Lysine	g	0.007	--	--	0.017	0.002
Methionine	g	0.002	--	--	0.005	0.001
Cystine	g	0.004	--	--	0.010	0.001
Phenylalanine	g	0.006	--	--	0.015	0.002
Tyrosine	g	0.003	--	--	0.007	0.001
Valine	g	0.008	--	--	0.020	0.002
Arginine	g	0.034	--	--	0.084	0.011
Histidine	g	0.002	--	--	0.005	0.001
Alanine	g	0.011	--	--	0.027	0.003
Aspartic acid	g	0.053	--	--	0.131	0.016
Glutamic acid	g	0.024	--	--	0.059	0.007

Nutrient	Unit	1			1 cup 247g	1 fl oz 30.9g
		Value Per 100	Data points	Std. Error		
Glycine	g	0.007	--	--	0.017	0.002
Proline	g	0.031	--	--	0.077	0.010
Serine	g	0.009	--	--	0.022	0.003
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0
Flavonoids						
Flavanones						
Eriodictyol ^{2 3}	mg	0.0	5	0.02	0.0	0.0
Hesperetin ^{2 3 4}	mg	17.1	7	5.01	42.3	5.3
Naringenin ^{2 3 4 5}	mg	1.4	8	0.89	3.4	0.4
Flavones						
Apigenin ^{2 3}	mg	0.0	5	0	0.0	0.0
Luteolin ³	mg	0.0	1	--	0.0	0.0
Flavonols						
Kaempferol ³	mg	0.0	1	--	0.0	0.0
Quercetin ^{2 3}	mg	0.3	5	0.29	0.7	0.1

Sources of Data

¹I R Stewart Provitamin A and carotenoid content of citrus juices, 1977 J Agric Food Chem 25 pp.1132-1137

²Berhow, M., Tisserat, B., Kanes, K., and Vandercook, C. Survey of phenolic compounds produced in citrus., 1998 Technical Bulletin Number 1856, ARS, USDA, December 1998.

³Nogata, Y., Ohta, H., Yoza, K-I., Berhow, M., and Hasegawa, S. High-performance liquid chromatographic determination of naturally occurring flavonoids in citrus with a photodiode-array detector, 1994 J. Chromatogr. A 667 pp.59-66

⁴Dhuique-Mayer, C., Caris-Veyrat, C., Ollitrault, P., Cirk, F., and Amiot, M-J. Varietal and interspecific influence on micronutrient contents in citrus from the Mediterranean area., 2005 J. Agric. Food Chem. 53 pp.2140-2145

⁵Yusof, S., Ghazali, H. M., and King, G. S. Naringin content in local citrus fruits., 1990 Food Chem 37 pp.113-121